– "28 Days To A Client" –

The Real War Mode Day Plan + Report.

	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards MY Goals)
1. V/X	1	Morning Power-up call
2. V /X	1	100 push-ups
3. <mark>/</mark> /X	1	Church with family
4 . / / ×	1	Free value + cold email + send
5. // /	2	Review 2 pieces of copy
6. <mark>//</mark> /	2	Analyze sales page
7. 🔽/🗙	1.	Daily war mode check-in. Plan for tomorrow.
8. <mark>V</mark> /X	3 -	read
9. <mark>//</mark> /X	2 -	Free time
10. / / ×	2 -	Go over TRW main campus courses.
11. 🔽/🗙	2 -	
12. <mark>V</mark> /X	2 -	
13 . / / ×	2 -	
14.	3 ·	
15. / / ×	3 ·	
16 . / / ×	3 ·	
17 . 🔽/🗙	3 ·	
18.	3 ·	
19.	3 ·	
20. 🔽/💢	3 ·	

Day Number: 6

Date: 3/19/23

<u> Start Of The Day - Time: 9 am</u>

	🙏 3 Things That I Am Excited To Have In The Future? 🙏
1.	I am excited to get my first client.
2.	I am excited to work towards being the best version of myself.
3.	I am excited to conquer this Sunday



[Track+Measure=Improve]

\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?
🔔 Intention:	Intention = What Is My Plan Of Action To Complete This Task For This Hour?
/ Reflection:	Reflection = Did I Complete This Task For This Hour? If Not, Then Why?

My War Mode Words:

- 1. I Am Acting With No Limits To My Abilities!
- 2. I Am Being All That I Can Be, Every Hour And Every Day!
- 3. Every Word I Am Saying And Thought I Am Thinking Is Positive!
 - 4. I Am Being Enthusiastic About Completing Each Task!

5. I Am The Best Copywriter In The World!

(Delete Any Boxes Below That Are Before The Time That You Start Your Day In Your Own Copy)

\$ 9 am: Task \$	100 push-ups Brush teeth Eat Caffeine Morning-power up call
🔔 Intention 🔔	Start the day with a win.
/ Reflection /	Completed this task.
\$ 10 am: Task \$	Pick a prospect, research the market, research the prospect, and create an Avatar
🔔 Intention 🔔	Research is there to inform you.
/ Reflection /	Did research in the breakup recovery niche
\$ 11 am: Task \$	Lay out my free value. Write out my free value. No edits.
🔔 Intention 🔔	Speed.
/ Reflection /	Laid out two Instagram captions. And wrote two Instagram captions.
	I feel like I am getting WAYYYY faster when writing.
	But I still feel like I am overdoing my research.

\$ 12 am: Task \$	Edit the free value. Write a cold email. Send the free value + cold email.
🔔 Intention 🔔	Get a reply from my prospect to showcase my skills upfront.
	Be a solution to one of their problems.
	Be seen as an asset.
/ Reflection /	Wrote a cold email. Finished editing and writing the Two Instagram captions.
\$ 1 pm: Task \$	Eat. Review 2 pieces of copy
🔔 Intention 🔔	
/ Reflection /	Review a couple of pieces of copy.
\$ 2 pm: Task \$	analyze a sales letter by Gene Schwartz
🔔 Intention 🔔	Increase copywriting principles.
/ Reflection /	Didn't do this task. Did something else copy related
\$ 3 pm: Task \$	Go over TRW main campus courses. Pick up mom from work
🔔 Intention 🔔	Catch up on business education. Increase business IQ
/ Reflection /	I did not do this task.

\$ 4 pm: Task \$	Go over TRW main campus courses.
🔔 Intention 🔔	Catch up on business education. Increase business IQ
/ Reflection /	I did not do this task.
\$ 5 pm: Task \$	Go to my Grandama's house
🔔 Intention 🔔	Family
/ Reflection /	Family.
\$ 6 pm: Task \$	Review the Free value that I sent this week
🔔 Intention 🔔	OODA Loop
/ Reflection /	My gut is telling me to send more free value in a day now.
	Time to be more efficient.
\$ 7 pm: Task \$	Dinner
🔔 Intention 🔔	
/ Reflection /	Ate.
\$ 8 pm: Task \$	Daily War mode check in

🔔 Intention 🔔	Do something nice.
/ Reflection /	Planned for Day 7
, met	
	End-Of-The-Day Report:
	@What Did I I cam Tadaya@
	What Did I Learn Today?
I need to amp up	the volume now for my free value + cold emails.
Finally got a neat	flow, and I understand my process.
I feel lazier on Su	nday. I need to change this.
	www.What Do I Plan To Do Differently Tomorrow?
Tomorrow is the	last day for week 1, so I won't change much.
	What Do I Plan To Do The Same Tomorrow?
	what bo I Ptail to bo the Same Tollor-Tow :
Tasks	
Who D	o I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧
I did not go over (he TRW main campus's courses

Brain Dump: